

Green Road Community Center

Winter/Spring 2014

Classes and Programs



Adult and Senior Classes

Adult Book Club: (ages 18+) - Join the Green Road Library staff at the Green Road Community Center on the third Tuesday of each month to discuss the book selection of the month.

#149023	January 21	Tue 7:00-8:30 pm
#149024	February 18	Tue 7:00- 8:30 pm
#149025	March 18	Tue 7:00-8:30 pm
#149026	April 15	Tue 7:00-8:30 pm

Class Fee: FREE

Citizen's Advisory Council - Atlantic CAC: (ages 18+) - Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are the 3rd Thursday of every other month at 7:00 pm. Meetings are held at Green Road Community Center (4201 Green Road). No registration necessary.

Couch to 5K: (ages 18+) - Couch to 5k' is a free 9 week fitness and wellness program designed for inexperienced runners interested in working towards running a 5k (or 30 minutes). Participants will receive a step by step plan preparing them to walk, jog and then run. Weekly running meetings will allow for continued motivation, support and inspiration. An added bonus to this program is family involvement. Wake County 4-H and Raleigh Parks Recreation and Cultural Resources will engage children, ages 7+, in physical activities preparing them to complete a 5K with their parent(s). At the end of the 9 weeks, families and participants can sign up for a local 5K to show off newly developed running ability.

Class meets at Buffaloe Road Athletic Park.

#149680	Mar 5 - Apr 30	Wed 5:30-6:30 pm
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Class Fee: FREE

Titanic Failure: What Sank the Unsinkable: (ages 12+) - Just over 100 years ago on an icy April night in the North Atlantic the Edwardian height of luxury was lost. Romance or tragedy? Carelessness or fate? This engaging look back covers not only the events of the fateful night in the context of that era, but also looks at recent scientific findings that give increasing light to one of the most memorable tragedies of the 20th century. #149562 April 14 Monday 7:00 pm Class Fee: \$10.00

English as Second Language (ESL): (ages 18+)

- These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

#149207	Jan 15 - Feb 19	We 6:30-8:00 pm
#149208	Mar 5 - Apr 9	We 6:30-8:00 pm
#149194	Jan 18 - Feb 22	Saturday 11:30 am-1:00 pm
#149202	Mar 8 - Apr 12	Saturday 11:30 am - 1:00 pm

Class Fee: FREE

Urban (Soul) Line Dancing: (ages 16+) -

Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

#149484	Jan 6 - Apr 28	Monday, Friday 7:00 - 8:30 pm
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Class Fee: \$5.00 per day



Exercise—Weight Room/Fitness Room: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#146628 September 1-30

#146629 October 1-31

#146630 November 1-30

#146631 December 1-31

Class Fee: \$10.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 - 6:00 pm

Exercise—Weight Room/Fitness Room Daily

Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#149480 January 2 - 31

#149481 February 1 - 28

#149482 March 1 - 31

#149483 April 1 - 30

Daily Fee: \$2.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 - 6:00 pm

Movin' and Groovin': (ages 18+) - Join us on Thursday nights at Spring Forest Road Park for our Movin' and Groovin' program! The City of Raleigh Parks, Recreation and Cultural Department is once again partnering with Wake County Human Services' Health Promotion Chronic Disease Prevention & 4-H Youth Development Sections to venture into the fifth season of the Movin' & Groovin' walking series at Spring Forest Road Park. This event is specifically planned to encourage families to increase their physical activity in a free, fun and safe way. Mini physical activity sessions as well as organized walking will be facilitated weekly for adults and children will be engaged in exercise activities and nutrition education. The Spring Forest Road Park location provides a venue for families to enjoy beautiful outdoor resources that are available right in their community. Please join us at the Spring Forest Road Park for a fun time the whole family will enjoy.

#149518 Apr 17 - Jun 19 Thu 6:00-7:00 pm

Class Fee: FREE

Yoga: (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity.

Jan 6 - Apr 30 Mon, Wed 12:00 - 1:00 pm

Daily Fee: \$6.00

Jan 6 - Apr 30 Mon, Wed 12:00 - 1:00 pm

8-Class Pass: \$42.00

Zumba at Green Road with Maria Williams:

(ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

January 6 - April 30 Monday, Wed

6:00-7:00 pm

Daily Fee: \$5.00

January 6 - April 30 Monday, Wed

6:00-7:00 pm

5-Class Pass: \$25.00

Zumba Toning at Green Road with Maria: (ages

12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

January 6 - April 25 Monday, Wed

6:00-7:00 pm

Daily Fee: \$5.00

January 6 - April 25 Monday, Wed

6:00-7:00 pm

5-Class Pass: \$25.00

Senior Adult Classes

Bingo for Adults: (ages 55+) - Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card.

#149466 Jan 7 - Apr 29 Tuesday

10:00 am-12:30 pm

Class Fee: FREE

Senior Wednesday Morning Movies: (ages 55+)

- Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Movie requests are welcome as well! Preregistration is necessary due to popularity!

January 8 - April 30 Wednesday

10:00 am-12:00 pm

Class Fee: \$2.00

Senior Women's Open Play: (ages 50+) - Did you

play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7-9 pm at Green Road Community Center for the opportunity to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on just one-half of the basketball court with the three players from each team playing offense and defense.

Jan 6 - Apr 28

Mon 7:00-9:00 pm

Class Fee: FREE

Yoga: (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity.

Jan 6 - Apr 30 Mon, Wed 12:00 - 1:00 pm

Daily Fee: \$6.00

Jan 6 - Apr 30 Mon, Wed 12:00 - 1:00 pm 8

-Class Pass: \$42.00



**Parks,
Recreation and
Cultural Resources**
parks.raleighnc.gov

Green Road Community Center
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